



## **¡SALUD! Community 8-Week Program**

**All classes will be held at the  
Manzano Mesa Multigenerational Center  
501 Elizabeth SE, SW Corner of Elizabeth and Southern**

### **8-Week Program**

**Week 1- Initial:** The discussion will include a review of general prevention guidelines and the outline of the 8-week program. The Health Risk Assessment and a pre-class survey will be administered. Goal setting will be reviewed and participants will be given 10 minutes to set some short-term and long-term goals. Since there will be 3-weeks of exercise sessions, participants will be given a Physical Activity Readiness Questionnaire (PAR-Q). This week's homework will be keeping a food record for one week.

**Week 2 - Nutrition:** A registered dietician will attend this week's class. She will review basic nutrition guidelines, recommendations, and serving sizes for healthy eating. Food records will be collected and reviewed for Week 3. Participants will be given a recipe packet (meal planning, shopping list, etc) and asked to try a recipe for their homework assignment.

**Week 3 - Nutrition Follow-up:** The registered dietician will be back this week to review food logs with the class. She will review general findings with the class. The discussion for today's class will be eating healthy at fast food restaurants and other tricky situations. At this point she may wish to set up individual assessments with clients to review a meal plan. Participants' homework assignment will be to complete a fitness questionnaire.

**Week 4 - Fitness Overview:** A certified personal trainer will lead this introduction to fitness class. This introduction session will review general recommendations and guidelines for exercise. This week's homework will be to set their fitness related goals.

**Week 5 - Flexibility:** The first part of the class will be an introduction to flexibility training. The remainder of the class will be an instructor lead flexibility exercise session. Participants will be given a stretching handout and asked to practice flexibility training at home for their homework assignment.

**Week 6- Aerobic:** The first part of the class will be an introduction to aerobic training, including a review of target heart rate, rate of perceived exertion, and other safety guidelines. The remainder of the class will be an instructor lead aerobic exercise session. Note: based on class fitness level this class may be a walk around the building to floor aerobics, etc. Participants will be asked to exercise aerobically in their target heart rate range their homework assignment.

**Week 7- Balance/Strength:** The first part of the class will be an introduction to balance and strength training, including a review of safety guidelines. The remainder of the class will be an instructor lead balance/strength exercise session. Note: based on class fitness level this class may be modified. Participants will be asked to try a balance activity for their homework assignment.

**Week 8 - Stress Management:** This week we will wrap up the program. The discussion will include stress management and strategies for staying on track. We will administer the post-class survey and an evaluation.

**¡SALUD! Health Promotion Program**  
Call 505-844-HLTH (4584) or e-mail [health@sandia.gov](mailto:health@sandia.gov)